

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Practice	2
3	4 No Practice	5 No Practice	6 All Swimmers @ SSA Practice @ 9:30	7 All Swimmers @ SCSC 11 and up 9-10 am 10 and under 10-11 am Home Meet vs. Makos	8 SSA Practice @ 9:30 am SCSC Practice 11 and up 9-10 am 10 and under 10-11 am	9
10	11 All Swimmers @ SSA Practice @ 9:30 Home Meet vs. MRYC	12 All Swimmers @ SSA Practice @ 9:30	13 SSA Practice @ 9:30 am SCSC Practice 11 and up 9-10 am 10 and under 10-11 am	14 All Swimmers @ SCSC 11 and up 9-10 am 10 and under 10-11 am Tri-Meet @ Home vs. SFY & WQYC	15 SSA Practice @ 9:30 am SCSC Practice 11 and up 9-10 am 10 and under 10-11 am	16
17	18 All Swimmers @ SCSC 11 and up 9-10 am 10 and under 10-11 am Home Meet vs. LYC	19 SSA Practice @ 9:30 am SCSC Practice 11 and up 9-10 am 10 and under 10-11 am	20 SSA Practice @ 9:30 am SCSC Practice 11 and up 9-10 am 10 and under 10-11 am	21 All Swimmers @ SCSC 11 and up 9-10 am 10 and under 10-11 am Home Meet vs. BST	22 No Practice	23
24	25 Champs Practice @ SSA 9:30-11	26 Champs Practice @ SSA 9:30-11	27 Champs Practice @ SSA 9:30-11	28 Champs Practice @ SSA 9:30-11	29 Champs Practice @ SSA 9:30-11	30 Championships @ SAAS
31		Notes:				